

Rates of depression and anxiety may correlate with disease activity in early RA

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The results of a study to be presented at the Annual European Congress of Rheumatology (EULAR 2018) suggest that rates of anxiety and depression in patients with rheumatoid arthritis correlate with measures of disease activity over the first year following diagnosis.

Rheumatoid arthritis (RA) is a [chronic inflammatory disease](#) that affects a person's joints, causing pain and disability. It can also affect [internal organs](#). RA is more common in older people, but there is also a high prevalence in young adults and adolescents. It affects women more frequently than men. High rates of [depression](#) and anxiety have been shown in patients with RA.

"These results confirm both depression and anxiety as significant comorbidities at the time of [rheumatoid arthritis](#) diagnosis," said Professor Thomas Dörner, Chairperson of the Abstract Selection Committee, EULAR. "It is interesting to see the changes in anxiety and depression scores appear in tandem with [disease activity](#) over time, which requires further investigation."

The study included data from 848 patients and results showed significant reductions in anxiety from 19.0% to 13.4% ($p=0.004$) and depression from 12.2% to 8.2% ($p=0.01$) one year after RA diagnosis, this was in line with observed decrease in disease [activity](#). Both depression and anxiety scores demonstrated significant correlation with [disease](#) activity scores (DAS28) at baseline, six months and at 12 months (p

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